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UNITED STATES DEPARTMENT OF AGRICULTURE
Radio Service
OFFICE OF INFORMATION
Housekeepers' Chat
Monday, March 2, 1931

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U. S. Department of Agr...

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NOT FOR PUBLICATION

Subject: "A Meal for a Cold Night." Information from the Bureau of Home Economics, U. S. D. A.

Bulletin available: "Pork in Preferred Ways."

--ooCoo--

When the telephone rang this morning, it gave my conscience a jar. One of the disadvantages of having stern Scotch ancestors on one side and Puritan ancestors on the other is the highly developed conscience that is passed on in the family. For two whole days that conscience had been troubling me and lying in wait ready to jump at anything.

"There now," said my conscience as the phone bell rang, "that is the Menu Specialist calling you. She's been wondering where on earth you've been and what you've been up to. Two days ago you promised that you would go over and discuss menus with her but instead--- "

"I know, I know," I answered my conscience. "But that soft warm rain yesterday seemed so much like spring that I just had to play truant and go for a walk in the country."

My conscience was not to be silenced by any such excuse.

"The result of that episode," it replied sternly, "was that you came home last night with no menus but with wet feet and great muddy spots splashed all over the back of your stockings."

"Never mind. Maybe March showers will bring better menus. Anyway, it was a lovely walk and I'm glad I took it."

The telephone kept on ringing.

My conscience was right as consciences always are. The Menu Specialist's voice said, "Hello, Aunt Sammy. Where in the world have you been? Have you lost your appetite or your interest in the family's meals? I spent twenty cents yesterday trying to reach you by phone. Yes, it's true. I called you four times and no one answered at any time."

"Do you have something urgent to tell me?" I asked feeling very guilty because my conscience was still whispering about evading duty.

"Urgent", said the Menu Specialist. "I should say it was urgent. I had a menu planned for you all according to specifications and I couldn't wait to tell you about it."

"Was it a menu containing some sort of a vegetable cream soup?" I asked hopefully.

"Exactly. I remembered that you were sighing for cream soup only last week. This menu features quick turnip soup. And that's not all. How would fried apples and sausage appeal to you for the next item on the program? And how about some hot biscuits? Then how about fruit cup for dessert? You see Aunt Sammy, this is a simply, easily prepared menu, useful for busy days like Monday or Tuesday. More than that it is inexpensive and planned for the cold weather that is predicted any day now. I always try to plan menus to suit the weather if possible."

"That suits me exactly. On a cold night what could be better than steaming cream soup, sausage and apples and hot biscuits? Wait a minute. Let me get a pencil and I'll take that menu down while I'm right here at the phone. There now. See if I have it correctly. Quick Turnip Soup; Sausage and Fried Apples; Hot Biscuits; and Fruit Cup or Canned Fruit for dessert. I'll try that on my family tomorrow night."

The quick turnip soup is in the radio cook book. Page 10, I believe. Unless you've tried it, you have no idea what a delightful flavor grated raw turnips and onion can give to a cream soup. Because this soup is made with milk it provides a good supply of nourishment in itself so that the rest of the meal need not be heavy. Did I say "need not"? I meant to be more emphatic and say "should not." A main dish of sausage and apples with biscuits will be quite enough if a simple light fruit dessert is served to top it off. Because sausage is a rich meat containinga good deal of fat, it should not be served with other heavy dishes and is really best with one other tart accompaniment. With vegetable milk soup in the beginning and a light fruit dessert at the end of the meal, fried apples are just right for the middle.

What was that? Yes, I will give the recipe for turnip soup just because Agatha and Delphine have both mislaid their green cookbooks. Delphine says that her new Scotch terrier has a passion for green and she is afraid that her cook book may have gone the way of her green bedroom slippers. They were chewed up last week. Well, we hope not. But if so, there are other green cook books just like it here on my shelves and we can send another. But not for the terrier, Delphine. Useful booklets and bulletins of all sorts, we suggest, should be kept in your kitchen pamphlet files on shelves well out of reach of terriers.

Seven ingredients for quick turnip soup:

4 cups of milk
2 cups of grated raw turnip
1-1/4 teaspoons salt
1/2 teaspoon of grated onion
1 tablespoon flour
2 tablespoons butter
1/2 teaspoon parsley cut very fine

I'll say those over again (Repeat)

Heat the milk in a double boiler, add the flour and butter, which have been well blended, then the turnip, the onion and the salt. Cook until the turnip is tender. (This will take about 10 minutes) Sprinkle the chopped parsley in the soup just before serving. It's surprising how much more appetizing white soup looks when that bit of bright green color is added to dress it up. It's just the way a lovely string of beads often adds

dash and interest to a costume that might otherwise lack color.

Toasted cubes of bread or croutons (prounounced crú-tons) are very nice to serve with this soup. An easy way to make them is to spread slices of bread lightly with butter. Cut each slice into strips then into cubes, put in a pan and brown in the oven. This is a good way to use up slices of bread left from the table.

Now let me tell you what the Recipe Lady suggested about the sausage. Instead of shaping the sausage meat into cakes, as is often done, the Recipe Lady slices her sausage meat with a knife, just like a loaf of bread. She cuts the slices about one-half inch thick, puts them in a hot skillet and when they are lightly brown on one side, she turns them over to brown on the other side and then cooks them slowly to be sure that the heat penetrates every part of every slice. I don't need to remind you that pork must always be thoroughly cooked, because you have read all about that in your pork leaflet. And you knew it anyway before you sent for that pork leaflet. But these sausage slices, if done correctly, will come out brown and crisp on the outside, thoroughly cooked to the very center but not hard. As for the apples, be sure you select tart firm apples and prepare them without too much fat. "Never allow them to be greasy," advises the Menu Specialist. She also suggests that adding a little brown sugar gives tart fried apples a delicious flavor.

Do you really want to know what I'm going to talk about tomorrow? All right. Home dressmakers please attend. Also all housewives who don't like to sew but must do it occasionally. I'm going to talk about a convenient home sewing center. One of the reasons women hate to sew is that they haven't organized a convenient spot to do their sewing and haven't collected the right equipment. There's been so much talk about convenient kitchens that the sewing room in the home has been rather neglected. So, tomorrow, we'll chat about the sewing corner.

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